

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 30: Consumption of Meals Among California Adolescents (N=1,143)

Yesterday, did you eat or drink anything for breakfast?

Did you eat or drink anything for lunch yesterday?

Did you eat anything for dinner yesterday?

Yesterday, did you eat or drink anything between [specified meal] time and [specified meal] time?

	Meals Reported, Percent of Adolescents			
	Breakfast	Lunch	Dinner	Snacks ¹
Total	86.0	87.3	91.1	90.7
Gender				
Male	85.2	86.0	91.2	90.0
Female	86.9	88.8	90.9	91.4
Ethnicity				
White	87.6	91.1	97.4 ***	88.9 *
African American	81.1	88.7	93.1	95.2
Latino	85.3	85.6	86.2	89.7
Asian/Other	87.3	85.2	93.7	95.4
Gender by Age				
Male				
12-13	82.6	90.9 ***	90.4	89.2
14-15	87.5	89.9	94.7	90.1
16-17	85.5	77.0	88.4	90.8
Female				
12-13	92.7 *	91.8	95.6 **	94.8 *
14-15	83.5	86.3	91.7	87.1
16-17	85.0	88.5	85.5	92.8
Income				
<\$15,000	80.5 **	84.6 **	86.0 ***	89.1
\$15,000 - \$24,999	89.4	86.9	81.4	88.5
\$25,000 - \$34,999	85.8	82.4	94.3	86.7
\$35,000 - \$49,999	82.6	79.4	96.1	93.6
\$50,000 - \$74,999	89.7	98.6	96.1	88.8
> \$75,000	90.9	87.5	94.1	93.4
CalFresh Status, % FPL²				
Participant	83.5	87.0	90.2 *	86.7 *
Likely Eligible < 130%	86.4	87.4	89.1	90.8
Not Eligible > 185%	86.3	90.5	94.6	92.3
Physical Activity Status				
Regular	86.6	87.9	91.2	91.2
Irregular	84.1	85.5	90.5	89.0
Overweight Status				
Not Overweight	86.9	86.4	93.4 ***	91.5
Overweight/Obese	82.4	89.7	84.5	91.0

¹Reported a snack at any occasion (Morning, Afternoon or Evening).

²Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 31: Source of Lunch and Dinner among California Adolescents (N=1,143)

Where did you obtain lunch from?

Where did you obtain dinner from?

Lunch (select all that apply)	Percent of Adolescents¹
Home	49.2
School cafeteria	35.2
Fast food place	3.3
School snack bar or A la carte line	4.2
A friend	1.3
Convenience store	2.3
Food cart at school	3.9
Other ²	3.7
Dinner (select only one response)	Percent of Adolescents¹
Home	90.2
A friend's house	0.7
Fast food place	4.1
Other restaurant	2.8
Convenience store	0.5
A relative's house	0.1
Other ³	1.6

¹Out of those who reported eating lunch or dinner.

²Includes lunch from vending machine, student store, fundraiser, club, community center, and other.

³Includes dinner from vending machine or convenience store.

Some numbers may not add to 100 percent due to rounding

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 31a: School and Home Lunch among California Adolescents (N=1,000)

Where did you obtain lunch from?

	Type of Lunch Reported, Percent of Adolescents	
	School Cafeteria	Home
Total	35.2	49.2
Gender		
Male	41.8 ***	43.3 ***
Female	28.6	55.3
Ethnicity		
White	22.5 ***	59.6 ***
African American	39.9	29.4
Latino	44.5	40.4
Asian/Other	29.2	64.9
Gender by Age		
Male		
12-13	41.8	50.4 *
14-15	45.5	37.1
16-17	37.3	42.4
Female		
12-13	39.3 **	52.0 *
14-15	23.4	64.2
16-17	23.3	49.0
Income		
<\$15,000	55.6 ***	27.8 ***
\$15,000 - \$24,999	51.7	39.4
\$25,000 - \$34,999	39.2	39.0
\$35,000 - \$49,999	44.0	42.7
\$50,000 - \$74,999	26.4	56.6
> \$75,000	17.1	62.7
CalFresh Status, % FPL¹		
Participant	56.7 ***	28.9 ***
Likely Eligible < 130%	44.3	40.0
Not Eligible > 185%	18.3	65.9
Physical Activity Status		
Regular	36.9 *	48.6
Irregular	29.3	51.4
Overweight Status		
Not Overweight	31.8 **	53.2 ***
Overweight/Obese	42.7	39.3

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size
A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 31b: Source of Dinner Among California Adolescents (N=1,038)

Where did you obtain dinner from?

	Where Dinner Was Reportedly Obtained, Percent of Adolescents	
	Home	Away from Home ¹
Total	90.2	9.8
Gender		
Male	91.9	8.1
Female	88.4	11.6
Ethnicity		
White	88.0	12.0
African American	90.8	9.2
Latino	91.8	8.2
Asian/Other	89.5	10.5
Gender by Age		
Male		
12-13	95.1	4.9
14-15	91.7	8.3
16-17	88.7	11.3
Female		
12-13	94.2	5.8
14-15	86.0	14.0
16-17	85.0	15.0
Income		
<\$15,000	96.8	3.2
\$15,000 - \$24,999	92.8	7.2
\$25,000 - \$34,999	89.5	10.5
\$35,000 - \$49,999	80.1	19.9
\$50,000 - \$74,999	89.4	10.6
> \$75,000	89.6	10.4
CalFresh Status, % FPL²		
Participant	95.0	5.0
Likely Eligible < 130%	89.9	10.1
Not Eligible > 185%	88.2	11.8
Physical Activity Status		
Regular	90.7	9.3
Irregular	88.4	11.6
Overweight Status		
Not Overweight	89.4	10.6
Overweight/Obese	91.8	8.2

¹Includes dinner from friend's house, fast food, other restaurant, vending machine, or convenience store.

²Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 31c: Brought Lunch from Home Among California Adolescents (N=511)

In an average week when you are in school, on how many days do you bring your own lunch to school from home?

	Reported Bringing Lunch from Home at Least Once a Week ¹ ,	
	Percent of Adolescents	
	64.1	
Total		
Gender		
Male	56.0	***
Female	70.2	
Ethnicity		
White	83.8	***
African American	32.7	
Latino	41.3	
Asian/Other	91.5	
Gender by Age		
Male		
12-13	63.7	
14-15	55.9	
16-17	49.0	
Female		
12-13	67.2	
14-15	68.8	
16-17	74.6	
Income		
<\$15,000	31.2	***
\$15,000 - \$24,999	44.7	
\$25,000 - \$34,999	34.7	
\$35,000 - \$49,999	45.1	
\$50,000 - \$74,999	76.9	
> \$75,000	79.9	
CalFresh Status, % FPL²		
Participant	30.9	***
Likely Eligible < 130%	42.8	
Not Eligible > 185%	81.8	
Physical Activity Status		
Regular	65.4	
Irregular	59.5	
Overweight Status		
Not Overweight	70.2	***
Overweight/Obese	50.4	

¹Out of adolescents who had school lunches less than 5 times per week

²Survey respondents between 130-185% FPL omitted from analysis due to insufficient
A box around a group of numbers signifies that differences observed within this group
are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 32: Reported Awareness and Use of Calorie Information Posted at Restaurants When Eating Out Among California Adolescents

How often do you see calorie information when you buy food from a fast food restaurant or other restaurant?

When it is available, how often do you use calorie information available at a restaurant or fast food restaurant to decide what to buy? Would you say...

	Percent of Adolescents					
	See Calorie Info When Buying Food at Restaurants (N=1,142)			Use Calorie Info When Buying Food at Restaurants (n=904)		
	Always or Most of the Time	Sometimes or Occasionally	Never	A Lot	Some or A Little	Not at All
Total	24.7	52.0	23.2	14.0	59.4	26.7
Gender						
Male	21.0	55.0	24.0	11.8	58.7	29.5
Female	28.7	48.9	22.5	16.3	60.0	23.7
Ethnicity						
White	30.9	45.6	23.5	19.9	47.2	32.9
African American	22.8	44.5	32.7	9.5	35.9	54.6
Latino	23.7	53.5	22.8	11.4	68.8	19.7
Asian/Other	17.3	62.3	20.4	12.7	60.0	27.3
Gender by Age						
Male						
12-13	15.3	65.4	19.3	8.5	74.8	16.7
14-15	22.6	50.4	27.0	11.2	52.3	36.5
16-17	25.3	49.1	25.6	15.9	47.4	36.7
Female						
12-13	20.8	62.8	16.4	11.0	66.9	22.1
14-15	27.9	47.4	24.7	22.5	57.1	20.4
16-17	37.0	37.2	25.8	15.1	55.9	29.0
Income						
<\$15,000	28.7	51.3	20.0	8.6	70.2	21.2
\$15,000 - \$24,999	21.2	45.4	33.4	6.7	63.3	30.0
\$25,000 - \$34,999	13.0	62.7	24.3	16.3	57.5	26.1
\$35,000 - \$49,999	24.0	53.7	22.3	5.4	65.3	29.3
\$50,000 - \$74,999	17.3	51.9	30.9	10.0	71.2	18.8
> \$75,000	30.2	49.9	19.9	19.8	46.2	33.9
CalFresh Status, % FPL¹						
Participant	23.8	51.7	24.5	10.0	62.6	27.4
Likely Eligible < 130%	21.1	52.2	26.7	7.1	67.4	25.5
Not Eligible > 185%	29.2	52.4	18.4	21.1	51.7	27.2
Physical Activity Status						
Regular	24.2	53.2	22.5	14.4	62.0	23.6
Irregular	26.6	47.7	25.7	12.5	49.6	37.9
Overweight Status						
Not Overweight	22.6	52.0	25.5	14.2	56.2	29.6
Overweight/Obese	32.0	52.7	15.3	13.2	65.7	21.1

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 33: Distance from School to Nearest Fast Food Outlets and Convenience as Reported by California Adolescents

How far is the nearest fast food restaurant from your school? Answer in blocks or miles, whichever is easiest. A mile is approximately 8 blocks.

How far is the nearest convenience store or corner store from your school? Answer in blocks or miles, whichever is easiest. A mile is approximately 8 blocks.

	Reported Distance from School, Percent of Adolescents			
	To Fast Food (n=1,087)		To Convenience Store (n=1,093)	
	≤ 1/2 mile	> 1/2 mile	≤ 1/2 mile	> 1/2 mile
Total	46.8	53.2	62.4	37.6
Gender				
Male	46.0	54.0	62.6	37.4
Female	47.5	52.5	62.3	37.7
Ethnicity				
White	39.4	60.6	57.0	43.0
African American	44.0	56.0	50.6	49.4
Latino	50.3	49.7	67.1	32.9
Asian/Other	50.2	49.8	62.3	37.7
Gender by Age				
Male				
12-13	35.4	64.6	64.4	35.6
14-15	57.1	42.9	60.5	39.5
16-17	44.5	55.5	63.1	36.9
Female				
12-13	38.7	61.3	59.7	40.3
14-15	52.4	47.6	62.5	37.5
16-17	50.4	49.6	64.5	35.5
Income				
<\$15,000	52.6	47.4	71.2	28.8
\$15,000 - \$24,999	51.7	48.3	68.0	32.0
\$25,000 - \$34,999	44.3	55.7	64.5	35.5
\$35,000 - \$49,999	44.1	55.9	55.5	44.5
\$50,000 - \$74,999	59.1	40.9	64.8	35.2
> \$75,000	42.5	57.5	58.4	41.6
CalFresh Status, % FPL¹				
Participant	53.9	46.1	66.9	33.1
Likely Eligible < 130%	50.6	49.4	65.0	35.0
Not Eligible > 185%	39.9	60.1	57.7	42.3
Physical Activity Status				
Regular	47.6	52.4	62.4	37.6
Irregular	43.7	56.3	62.6	37.4
Overweight Status				
Not Overweight	47.1	52.9	61.6	38.4
Overweight/Obese	44.7	55.3	63.8	36.2

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

2012 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 33a: Distance From Home to Nearest Fast Food Outlets as Reported by California Adolescents (N=1,134)

How far is the nearest fast food restaurant from your home? Answer in blocks or miles, whichever is easiest. A mile is approximately 8 blocks.

	Distance from Home to Nearest Fast Food Outlet, Percent of Adolescents	
	≤ 1/2 mile	> 1/2 mile
Total	33.6	66.4
Gender		
Male	34.2	65.8
Female	32.9	67.1
Ethnicity		
White	25.3	74.7
African American	33.1	66.9
Latino	38.6	61.4
Asian/Other	33.4	66.6
Gender by Age		
Male		
12-13	30.6	69.4
14-15	31.3	68.7
16-17	40.9	59.1
Female		
12-13	28.6	71.4
14-15	34.7	65.3
16-17	35.2	64.8
Income		
<\$15,000	43.7	56.3
\$15,000 - \$24,999	40.7	59.3
\$25,000 - \$34,999	38.7	61.3
\$35,000 - \$49,999	38.1	61.9
\$50,000 - \$74,999	41.0	59.0
> \$75,000	23.9	76.1
CalFresh Status, % FPL¹		
Participant	35.1	64.9
Likely Eligible < 130%	43.3	56.7
Not Eligible > 185%	23.8	76.2
Overweight Status		
Not Overweight	30.8	69.2
Overweight/Obese	41.6	58.4

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 34: Prevalence of Eating at Fast Food Restaurants among California Adolescents (N=1,143)

Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?

	Ate a Meal or Snack at a Fast Food Restaurant Yesterday, Percent of Adolescents	
	No	Yes
Total	72.9	27.1
Gender		
Male	67.7	32.3
Female	78.4	21.6
Ethnicity		
White	77.6	22.4
African American	64.0	36.0
Latino	70.5	29.5
Asian/Other	75.1	24.9
Gender by Age		
Male		
12-13	76.8	23.2
14-15	68.1	31.9
16-17	57.9	42.1
Female		
12-13	84.7	15.3
14-15	79.3	20.7
16-17	71.2	28.8
Income		
<\$15,000	74.3	25.7
\$15,000 - \$24,999	66.5	33.5
\$25,000 - \$34,999	63.1	36.9
\$35,000 - \$49,999	68.2	31.8
\$50,000 - \$74,999	81.3	18.7
> \$75,000	71.6	28.4
CalFresh Status, % FPL¹		
Participant	75.7	24.3
Likely Eligible < 130%	69.3	30.7
Not Eligible > 185%	77.0	23.0
Physical Activity Status		
Regular	72.6	27.4
Irregular	74.0	26.0
Overweight Status		
Not Overweight	72.5	27.5
Overweight/Obese	73.1	26.9

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.
A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 34c: Typical Weekly Frequency of Eating at Fast Food Restaurants among California Adolescents (N=1,142)

In a typical week, how many times do you eat a meal or snack from a fast food restaurant?

	Number of Times Ate at Fast Food Restaurants Per Week,	
	Percent of Adolescents	
	0-1 time	2+ times
Total	82.9	17.1
Gender		
Male	83.1	16.9
Female	82.8	17.2
Ethnicity		
White	85.3	14.7
African American	89.2	10.8
Latino	80.0	20.0
Asian/Other	85.2	14.8
Gender by Age		
Male		
12-13	90.1	9.9
14-15	85.5	14.5
16-17	73.5	26.5
Female		
12-13	84.9	15.1
14-15	87.9	12.1
16-17	75.1	24.9
Income		
<\$15,000	80.9	19.1
\$15,000 - \$24,999	79.3	20.7
\$25,000 - \$34,999	77.1	22.9
\$35,000 - \$49,999	79.6	20.4
\$50,000 - \$74,999	87.1	12.9
> \$75,000	84.0	16.0
CalFresh Status, % FPL¹		
Participant	85.0	15.0
Likely Eligible < 130%	77.8	22.2
Not Eligible > 185%	86.9	13.1
Physical Activity Status		
Regular	82.8	17.2
Irregular	83.5	16.5
Overweight Status		
Not Overweight	83.0	17.0
Overweight/Obese	84.1	15.9

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test: * p<.05, ** p<.01, *** p<.001

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Table 34d: Mean Number of Times Per Week California Adolescents Report Eating at Fast Food Restaurants (N=1,143)

In a typical week, how many times do you eat a meal or snack from a fast food restaurant?

	Mean Number of Times Eat at Fast Food Restaurants Per Week
Total	0.9
Gender	
Male	0.9
Female	0.9
Ethnicity	
White	0.7 ^a
African American	1.1 ^b
Latino	0.9 ^b
Asian/Other	0.9 ^{ab}
Gender by Age	
Male	
12-13	0.8
14-15	0.9
16-17	1.0
Female	
12-13	0.8 ^{ab}
14-15	0.8 ^a
16-17	1.0 ^b
Income	
<\$15,000	0.8
\$15,000 - \$24,999	0.9
\$25,000 - \$34,999	1.1
\$35,000 - \$49,999	1.0
\$50,000 - \$74,999	1.0
> \$75,000	0.8
CalFresh Status, % FPL¹	
Participant	0.8 ^a
Likely Eligible < 130%	1.1 ^b
Not Eligible > 185%	0.8 ^a
Physical Activity Status	
Regular	0.9
Irregular	0.8
Overweight Status	
Not Overweight	0.9
Overweight/Obese	0.9

¹Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (modified version of Tukey's Standardized Range Test at a procedure-wise error rate=.05).

ANOVA: * p<.05, ** p<.01, *** p<.001